

Daily Affirmations- December 2015

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Tuesday, Dec. 1 st	I am capable and wonderfully made.
Wed., Dec. 2 nd	Take it day by day.
Thurs., Dec., 3 rd	I am grateful for all that is good in my life.
Fri., Dec. 4 th	It's not about waiting for the storm to pass. It's about learning to dance in the rain.
Saturday, Dec. 5 th	Life's a garden. Dig it.
Sunday, Dec. 6 th	Have faith. Let your faith guide you in everything you do.
Monday, Dec. 7 th	Remember to help others learn better choices for better results.
Tuesday, Dec. 8 th	Always forgive. Never forget.
Wed., Dec. 9 th	This too shall pass.
Thurs., Dec. 10 th	Today is a new day so tell me something good.
Friday, Dec. 11 th	Hold your head high!
Sat., Dec. 12 th	I am worthy.
Sunday, Dec. 13 th	Life is a blessing. Give thanks to God.
Monday, Dec. 14 th	You absolutely ROCK!
Tues., Dec. 15 th	To get different results, do something different.
Wed., Dec. 16 th	This is a minor setback to a major comeback.
Thurs., Dec. 17 th	The only person better than me is the person I've yet to become.
Friday, Dec. 18 th	Stay in the day. Be in the moment.
Sat., Dec. 19 th	You can do anything you want if you put your mind to it.
Sunday, Dec. 20 th	Walk by faith and not by sight.
Monday, Dec. 21 st	A simple smile can change your attitude and others around you too.
Tues., Dec. 22 nd	For my mistakes, I take responsibility. I am making this a learning experience.
Wed., Dec. 23 rd	It is never too late.
Thurs., Dec. 24 th	Today is the first day of the rest of your life.
Fri., Dec. 25 th	With faith in God, anything is possible. He won't give you more than you can handle.
Sat., Dec. 26 th	Every new day offers a new way.
Sunday, Dec. 27 th	I am greater than my mistakes. My flaws do not define me.
Monday, Dec. 28 th	I choose not to judge others. We are all sinners.
Tues., Dec. 29 th	Be confident! Don't let the negativity of others affect you.
Wed., Dec. 30 th	Stay up and running. You have a future life to enjoy.
Thurs., Dec. 31 st	Keep strong and move along.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.